

Health Review



Final Exam Presentation

Health and Wellness

- Six Components of Health
 - Physical Health – the way the body functions; includes eating right, getting regular exercise, and being at your recommended weight
 - Emotional Health – expressing your emotions in a positive, nondestructive way; coping with unpleasant emotions and not getting overwhelmed by them
 - Social Health – the quality of your relationships with friends, family, teachers, and others you are in contact with

Health and Wellness... continued

- Mental Health – the ability to recognize reality and cope with the demands of daily life
- Spiritual Health – maintaining harmonious relationship; religion, understanding the purpose of living; will mean different thing to different people
- Environmental Health – includes both living and nonliving components in your world; includes clean water and air, the land around you is clean and safe

Health and Wellness... continued

- Leading causes of death
 - Teens
 - # 1 reason – motor vehicle accidents
 - # 2 reason – Homicide
 - # 3 reason – Suicide
 - Adults
 - # 1 reason – Heart disease
 - # 2 reason – Cancer
 - # 3 reason – Stroke

Health and Wellness... continued

- Making Responsible Decisions

- 6 Cs

- Construct a clear picture of precisely what must be decided
 - Compile a list of requirements that must be met
 - Collect information on alternatives that meet the requirements
 - Compare alternatives that meet the requirements
 - Consider the “what might go wrong” factor with each alternative
 - Commit to a decision and follow through with it

Health and Wellness... continued

- Life Skills

1. Assessing Your Health
2. Communicating Effectively
3. Practicing Wellness
4. Coping
5. Being a Wise Consumer

- Life Skills

6. Evaluate Media Messages
7. Using Community Resources
8. Making Responsible Decisions
9. Using Refusal Skills
10. Setting Goals

Health and Wellness... continued

- Making Responsible Decisions
 - GREAT
 - Give thought to the problem
 - Review your choices
 - Evaluate the consequences of each choice
 - Assess and choose the best choice
 - Think it over afterward

Health and Wellness... continued

- Six Suggestions for Setting Goals
 1. Safe
 2. Satisfying
 3. Sensible
 4. Similar
 5. Specific
 6. Supported

Health and Wellness... continued

- SMART Goals
 - Specific
 - Measurable
 - Attainable
 - Realistic
 - Time-bound

Health and Wellness... continued

- Mental Health

- Defense Mechanisms

- Compensation – making up for a weakness
 - Daydreaming – imagining a pleasant to avoid the unpleasant
 - Denial – refusing to accept reality
 - Displacement – shifting feelings or thoughts to someone or something else
 - Idealization – coping someone you think highly about

Health and Wellness... continued

- Mental Health

- Defense Mechanisms... continued

- Projection – seeing your own faults in someone else
 - Rationalization – making excuses to justify behavior
 - Regression – childlike reaction to emotions
 - Repression – blocking the negative feelings
 - Sublimation – making the negative into a positive

Health and Wellness... continued

- Managing Stress and Coping with Loss
 - Positive stress – eustress
 - Negative stress – distress
 - Bodies reaction to stress
 - Physical – “Fight or Flight”
 - Breathing speeds up
 - Heart beats faster
 - Pupils widen
 - Digestion slows down
 - Muscles tense

Health and Wellness... continued

- Emotional and behavioral response to stress
 - Nervous
 - Forgetful
 - Frightened
 - Confused
 - Unsure
- Dealing with stress
 - Take care of yourself
 - Learn to Relax
 - Change your attitude
 - Manage your time

Health and Wellness... continued

- The five stages to the grieving process
 - Denial – refusing to believe the loss occurred
 - Anger – in addition, blame yourself or others
 - Bargaining – final attempt to avoid, promises
 - Depression – very sad feelings for longer than a couple of days
 - Acceptance – learning to live with the loss

Health and Wellness... continued

- Preventing Suicide

- Depression

- Constant sadness
 - Irritability
 - Hopelessness
 - Trouble sleeping
 - Low energy or fatigue
 - Feeling worthless or guilty for no reason
 - Significant weight change
 - Difficulty concentrating
 - Loss of interest in favorite activities

Health and Wellness... continued

– Steps to manage depression

- Admit there is an issue
- Avoid alcohol and other drugs
- Talk about your issues
- Exercise
- Medicate

Health and Wellness... continued

– Warning Signs for Suicide

- Feeling Hopeless
- Withdrawing from family and friends
- Neglecting basic needs
- Experiencing loss of energy
- Taking more risks
- Using alcohol and other drugs
- Giving away personal things

Health and Wellness... continued

– Giving and Getting Help

- Take all talk of suicide seriously
- Tell your friend that suicide is not an answer
- Change negative thoughts into positive thoughts
- **DON'T KEEP SECRETS**

Nutrition

- Six Essential Nutrients
 - Carbohydrates – first source of energy, sugars, starches, etc.; 4 calories per gram
 - Fats – Second source of energy; 9 calories per gram,
 - Proteins – essential building blocks; 4 calories per gram

Nutrition... continued

- Vitamins – needed in small amounts to help metabolic reactions
- Minerals – needed in small amounts as building blocks calcium for bones, iron for blood
- Water – 2.5 quarts needed per day

Nutrition... continued

- Understanding a Food Label
 - Serving size...number of servings per container
 - Numbers of calories per serving
 - Percent daily value
 - Label amounts of each categorie

Nutrition... continued

- My Pyramid – no longer the shape of the guide... plate and cup
 - Grains – 7 oz.
 - Veggies – 2 cups
 - Fruits – 2 cups
 - Milk – 3 cups
 - Meat and Beans – 5 oz.
 - Oils – little if any each day

Nutrition... continued

- Healthy ways to manage weight
 - Eating Smart...well balanced meals
 - Exercising
 - Daily
 - Variety
 - Lose Fat...not muscle...
 - muscle is more dense than fat
 - Fat provides more energy than muscle
 - If underweight... eat more calories than you use in a day

Nutrition... continued

- Dangerous Weight-loss practices
 - Fad Diets...come and go
 - Supplements
 - Protein powders
 - Vitamins
 - Diet pills
 - Amphetamines
 - Surgery
 - Lap band...limits stomach size

Nutrition... continued

- Eating disorders
 - Anorexia... starve themselves...fear of being fat
 - Bulimia... binge and purge
 - Binge eating... hidden food...replace relationships with eating

Drugs

- Types of Medications
 - Analgesic – Pain relievers
 - Antihistamine – used for allergic reactions, colds, congestion
 - Antacid – stomach acid blocker
 - Antibiotics – fight infection
 - Bronchodilators – help you breath, treat asthma
 - Hormones – used as performance enhancement

Drugs... Continued

- Stimulant – causes the body to speed up
- Anti-anxiety - calms one down
- Vaccine – given to prevent illness
- Sedative - given to help one sleep

Drugs... Continued

- Misuse of Prescription Medicines
 - The taking of someone else's prescription
 - the failure to follow the instructions
- Misuse of OTC Medicines
 - These treat symptoms not illness
 - Long-term use could cover serious issue
 - May be masking other illness symptoms

Drugs... Continued

- Possible Problems with Medicines
 - Allergic reaction to medication
 - Side effects... unwanted effects of the drug ordered
 - Possible drug interactions... combination of drugs may effect the results of the ordered medicine

Drugs... Continued

- Drugs of Abuse
 - Stimulants – get the body going, caffeine
 - Depressants – slow the body down, alcohol
 - Narcotics/Opiates – comes from the poppy plant...pain killer
 - Inhalants - any fume that alters the brains function
 - Hallucinogen – plays tricks on the how the brain perceives things

Drugs... Continued

- Club drugs – make users feel euphoric, ecstasy
- Marijuana – smoked or eaten
- Anabolic Steroids – performance enhancement drugs with many side effects
- Drug use and pregnancy
 - Low birth rate
 - Addiction
 - Mental retardation
 - Death

Drugs... Continued

- Alcohol
 - Short term effects
 - Irritates the mouth, throat, esophagus, and stomach
 - Makes heart work harder
 - Makes the body lose heat
 - Makes the liver work harder
 - Causes Dehydration

Drugs... Continued

- Long term effects
 - Permanent brain damage
 - Cirrhosis of the liver
 - Kidney damage
 - Loss of bladder control
- Fetal Alcohol Syndrome
 - Low birth weight
 - Mental retardation

Drugs... Continued

- Tobacco
 - Dangerous chemicals in smoke
 - Poisonous chemicals
 - Carbon monoxide
 - Cyanide
 - Formaldehyde
 - Lead
 - Vinyl chloride
 - Nicotine – addictive drug
 - Tar – sticky carcinogen

Drugs... Continued

- Short term effects of smoking
 - Stimulates the brain reward response
 - Increases heart rate and blood pressure
 - Increases breathing rate
 - Increases blood-sugar levels
 - Stimulates the vomit reflex

Drugs... Continued

- Long term effects of smoking
 - Addiction
 - Bronchitis/emphysema/COPD
 - Heart and artery disease
 - Cancer
 - Immune system suppression

Drugs... Continued

– Dangers of secondhand smoke

- Environmental Smoke
 - Sidestream smoke – off the tip of the cigarette
 - Mainstream smoke – inhaled smoke
- Headaches
- Nausea
- Dizziness
- Cancer

Drugs... Continued

- Dangers of Tobacco and Pregnancy
 - Can lead to miscarriage/premature birth
 - Low birth weight
 - Higher risk of SIDS (Sudden Infant Death Syndrom)
 - Mental retardation
 - Dangers still exist if pregnant person lives with smoker

Drugs... Continued

– Steps to quitting

- Decide that you want to quit
- Get started
- Change habits
- Set goals/build in rewards
- Get support

Infectious Diseases

- Pathogens that cause infection
 - Bacteria – strep-throat
 - Fungus – athletes foot
 - Viruses – Common cold/flu
 - Protozoans – single celled organisms – malaria
 - Parasites – ticks, fleas, intestinal worms

Infectious Diseases... Continued

- Sexually transmitted diseases
 - High-risk behaviors
 - Lack of knowledge and understanding
 - Experimental behaviors
 - Compounded by alcohol and other drugs
 - Body has not fully developed (Cervix)

Infectious Diseases... Continued

- Bacterial STDs

- Chlamydia

- Symptoms

- » Painful urination

- » Discharge

- Treatment

- » Antibiotics – both partners

- Dangers if untreated

- » Infertility

- » Pelvic pain

- » PID

Infectious Diseases... Continued

- Pelvic inflammatory disease (Females)
 - Symptoms
 - » Painful abdomen
 - » Spotting period
 - » Fever
 - Treatment
 - » Antibiotics – both partners
 - Dangers if untreated
 - » Scarring of the fallopian tubes
 - » Infertility

Infectious Diseases... Continued

- Gonorrhea
 - Symptoms
 - » Often nothing for females
 - » Males painful discharge
 - Treatment
 - » Antibiotics – both partners
 - Dangers if untreated
 - » Male – urethral scarring and infertility
 - » Females – PID and infertility
 - » New born babies – Can be passed at child birth, blindness, and life-threatening blood infections

Infectious Diseases... Continued

- Syphilis –
 - Symptoms
 - » Phase 1 – Chancre – a sore where the bacteria entered the body
 - » Phase 2 – Fever, rash, muscle pain
 - » Phase 3 – 2 or more years of infection untreated... heart and nerve damage, blindness, possible death
 - Treatment
 - » Antibiotics for both partners
 - Dangers if untreated
 - » Mental and physical issues
 - » Premature death
 - » Can be passed to new born

Infectious Diseases... Continued

– Viral Infections

- Human Papilloma Virus (HPV)

- Symptoms

- » Often none

- » Can show as genital or anal warts

- Treatment

- » THREE IS NO CURE!!!

- Dangers if untreated

- » Females – pelvic cancers

- » Males – genital cancers

Infectious Diseases... Continued

– Genital Herpes

- Symptoms
 - Cold sores, blisters, red bumps
 - Fever, swollen lymph nodes
- Treatment
 - THERE IS NO CURE!!!
- Dangers if untreated
 - Continued passing of the infection
 - Can be passed to new borns

Infectious Diseases... Continued

– Hepatitis

- Symptoms

- Jaundice (Yellowing of the skin)
- Tired, fever, loss of appetite
- Darkening of urine

- Treatment

- THERE IS NO CURE!!!

- Dangers if untreated

- Liver damage, liver failure, liver cancer
- Premature death

Infectious Diseases... Continued

- Human Immuno-deficiency Virus (HIV)
 - Symptoms
 - Phase 1
 - » Fatigue
 - » Weight loss
 - » Fever
 - » Diarrhea
 - Phase 2
 - » Forgetfulness
 - » Difficult thinking

Infectious Diseases... Continued

- Phase 3
 - » Weakened immune system
 - » Infection
 - » Weight loss
- Treatment
 - THERE IS NO CURE!!!
- Dangers if untreated
 - Continued spreading
 - Death

Infectious Diseases... Continued

- Parasitic infections

- Pubic lice

- Symptoms

- » Itching in the infected area

- Treatment

- » Wash clothing and sheets

- » Medicate area to kill lice

- Danger if untreated

- » Skin damage

Infectious Diseases... Continued

- Scabies
 - Same as lice
- Trichomoniasis
 - Symptoms
 - » Often no symptoms for a male
 - » Painful urination
 - Treatment
 - » Can be cured with medication
 - Dangers if untreated
 - » Bladder infections, urinary tract infections
 - » Premature birth

Infectious Diseases... Continued

- HIV and AIDS
 - Cell infected...helper t cells
 - Aids is the third phase of the HIV infection and the t cell count is 200 or less
 - It takes 2 to 3 years to reach the third phase of the infections
 - AIDS HAS NO CURE...we can treat the symptoms

Infectious Diseases... Continued

- Body fluids that carry HIV include
 - Sperm
 - Vaginal secretions
 - Blood
 - Breast milk
- Bodily fluids that DO NOT CARRY HIV
 - Saliva, sweat, tears, vomit, urine, and feces

BINGO GAME CARDS

- Game one terms

Advocate

Risk factor

Sedentary

Coping values

Quality of life

Life expectancy

Consequences

Peer pressure

Refusal skills

Defense mechanism

Mental Disorder

Depression

Self-esteem

Stress

Stressor

Nutrition

Nutrients

Dietary Fiber

Soluble fiber

Insoluble fiber

Daily value

Nutrient density

Hunger

Appetite

Obesity

Overweight

Body image

Fad diet

Supplements

Drug

Medicine

Side effect

Prescription

Over-the-counter (OTC)

Drug tolerance

Drug abuse

Overdose

Recovering

Relapse

Stimulant

Depressant

Narcotic

Inhalant

Hallucinogen

BINGO GAME CARDS

- Game two terms

Steroid

Intoxication

Blood Alcohol Concentration
(BAC)

Binge Drinking

Cirrhosis

Alcoholism

Fetal Alcohol Syndrome

Nicotine

Carcinogen

Tar

Carbon monoxide

Sidestream smoke

Mainstream smoke

Emphysema

Communicable Disease

Non-communicable Diseases

Lifestyle Disease

Cardiovascular Disease

Chronic

Terminal

Screening

Immunization

AIDS

HIV

Asymptomatic

Pandemic

Epidemic

BINGO GAME CARDS

- Game three terms

Testis

Cowper's Gland

Prostate Gland

Vas Deferens

Seminal Vesicle

Penis

Epididymus

Scrotum

Sperm

Semen

Fallopian Tube

Ovary

Bladder

Uterus

Cervix

Rectum

Anus

Ovum

Menstruation

Fertilization

Embryo

Placenta

Zygote

Fetus

Pregnancy

First trimester

Second trimester

Third trimester

Prenatal care

Abstinence

Condom

Diaphragm

The Pill

Spermicidal Cream or Jelly

Female Condom



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